

Swift River School Menu - September 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
August		August		August		September		September	
29	WELCOME	30	BACK!!!	31	Cereal Day: Assorted WG Cereals with Milk, and Fruit	1	Bagel Day: Plain WG Bagel with Cream Cheese, or Cereal with Milk, and Fruit or Juice	2	Granola Day: Yogurt with Granola, or WG Cereal with Milk, and Fruit
	WE ARE SO HAPPY		TO SEE YOU!!!		Turkey and Cheese or Veggie Burger on a WG Bun with Chips, or Salad, or PB&J		Chicken Nuggets with Tater Tots, or Salad, or PB&J		Pizza Bites with Marinara Sauce, or Salad, or PB&J
5	LABOR DAY OBSERVED	6	Cereal Day: Assorted WG Cereals with Milk, and Fruit	7	WG Banana Bread, or WG Cereal with Milk, and Fruit	8	Breakfast Tornado Roll-Up with Turkey Sausage, Egg, and Cheese, or WG Cereal with Milk, and Fruit or Juice	9	Granola Day: Yogurt with Granola, or WG Cereal with Milk, and Fruit
	No School		Garlic Noodles with a Chicken or Veggie Patty and Steamed Broccoli, or Salad, or PB&J		Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J		Cheeseburger or Veggie Burger on a WG Bun with Chips, or Salad, or PB&J		Pizza Day: Choice of Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J
12	Cereal Day: Assorted WG Cereals with Milk, and Fruit	13	Muffin Day: WG Chocolate Chip Muffin, or WG Cereal with Milk, and Fruit	14	Hot Breakfast: WG French Toast Sticks with Maple Syrup, or WG Cereal with Milk, and Fruit	15	Bagel Day: Plain WG Bagel with Cream Cheese, or WG Cereal with Milk, and Fruit or Juice	16	Granola Day: Yogurt with Granola, or WG Cereal with Milk, and Fruit
	Homemade Mac and Cheese with Steamed Broccoli, or Salad, or PB&J		Fish and Chips (Oven Fries) with Homemade Tartar Sauce, or Salad, or PB&J		Turkey and Cheese Wrap with Potato Chips, or Salad, or PB&J		Beef or Veggie Stroganoff with Egg Noodles, or Salad, or PB&J		Mozzarella Sticks with Marinara Sauce, or Salad, or PB&J
19	Cereal Day: Assorted WG Cereals with Milk, and Fruit	20	Muffin Day: WG Chocolate Chip Muffin, or WG Cereal with Milk, and Fruit	21	WG Banana Bread, or WG Cereal with Milk, and Fruit	22	Breakfast Tornado Roll-Up with Turkey Sausage, Egg, and Cheese, or WG Cereal with Milk, and Fruit or Juice	23	Granola Day: Yogurt with Granola, or WG Cereal with Milk, and Fruit or Juice
	Pesto Pasta wth Mozzarella Cheese and Glazed Carrots, or Salad, or PB&J		Taco Tuesday: Seasoned Ground Beef or Beans with Corn Chips, Sour Cream, Shredded Cheese, and Salsa, or Salad, or PB&J		Ham and Cheese or a Veggie Burger on a WG Bun with Chips, or Salad, or PB&J		Beef or Veggie Meatball Sub on a WG Roll with Mainara Sauce, or Salad, or PB&J		Pizza Day: Choice of Cheese, Pepperoni, or Veggie Pizza, or Salad, or PB&J
26	Cereal Day: Assorted WG Cereals with Milk, and Fruit	27	Muffin Day: WG Chocolate Chip Muffin, or WG Cereal with Milk, and Fruit	28	Smoothie Day: Strawberry Smoothie with a WG Smiley Bar, or WG Cereal with Milk, and Fruit	29	Bagel Day: Plain WG Bagel with Cream Cheese, or WG Cereal with Milk, and Fruit or Juice	30	Granola Day: Yogurt with Granola, or WG Cereal with Milk, and Fruit
	Spaghetti with Meatballs or Veggie Meatballs and Garlic Knots, or Salad, or PB&J		Chicken Patty or Veggie Burger on a WG Bun with Oven Fries, or Salad, or PB&J		Cheesy Quesadillas with BBQ Baked Beans, or Salad, or PB&J		Chicken Nuggets with Tater Tots, or Salad, or PB&J		Pizza Bites with Marinara Sauce, or Salad, or PB&J

Breakfast and Lunch are available at no charge - Veggies, Fruit & Milk are offered with every lunch - Fruit & Milk are offered with every breakfast - Salads are offered daily and include Protein of the Day, or a Cheese Stick, or Sunflower Seeds, or a Hard Boiled Egg - Extra Milk: \$0.50 - PK will not be served PB per MA General Law

Menus are subject to change without notice. The New Salem-Wendell School District assures that all programs, activities, and employment opportunities are offered without regard to race, color, national origin, gender, gender identity, disability, economic status, homelessness, religion, sexual orientation, pregnancy, and pregnancy-related conditions.